

Norman Goldstein MD**A Lean but Strong Journal**

The *Journal* is lean, but has a lot of good meat between its covers. Because of budgetary restraints, ie, q.n.s. funding (*Quantum non sufficit*), the number of pages in our *Journal* is low—too low! But when you see the quality of clinical research projects, first case reports, and the variety of subjects we publish, you must agree that we are blessed with many knowledgeable and experienced physicians in Hawaii.

If you just scanned the paper by Easa and associates on their experience with inhaled nitric oxide for pulmonary hypertension in last month's *Journal*, look at it again. They treated 30 infants and children with very serious conditions, including acute respiratory distress syndrome, meconium aspiration syndrome, pneumonia and sepsis, and postoperative patients with congenital heart diseases. Twenty of these patients improved, thanks to the team efforts at Kapiolani and Tripler Medical Centers.

Even a dermatologist should be interested in this paper. Men using Rogaine, topical minoxidil for alopecia, now available without prescription, might want to follow the research on nitric oxide. Cases of rapid onset of male baldness have been linked to an increased risk of coronary disease and have been implicated to a deficiency of scalp nitric oxide.¹⁻² Stay tuned!

This issue contains a serious complication of heparin therapy: spontaneous pulmonary hemorrhage. Kok, Sugihara, and Druger report the first case of this problem associated with a commonly used drug, heparin.

The manuscript by Feinberg and Kelley should be of interest to all physicians, and especially primary care physicians and obstetricians/gynecologists. Employers and personnel department managers also will find a great deal of practical information about pregnant workers.

Thank You Mom

May 12 is Mothers' Day, just in case you forgot.

Mom is one of the most common of all tattoos. There are several reasons for this. Mom is a special, special woman; we all have one or had one; her name is easy to spell; and while a spouse or significant other may change, Mom is always Mom.

Plastic surgeon, Dr Bob Flowers, honors his Mom and ours with his special poetic tribute to all mothers.

1. Herrera, CR et al. Baldness and coronary heart disease rates in men from the Framingham study. *Am J Epic*. 195; 1420: 828-33.
2. Baylis C, Mitruka B, Deng A. Chronic blockade of nitric oxide synthesis in the rat produces systemic hypertension and glomerular damage. *J Clin Invest*. 192 90:278-81.

For Mom—by Robert S. Flowers MD

Dear God,	Give her love
Help my mom	And time to rest
Throughout the day	And keep her safe
She spends her time	For she's the best...
To ease my way.	Mom in the whole world. Amen.

**Letter to the Editor****Frederick C. Holschuh MD**

I was very pleased with the vog issue of the *HMA Journal*. Jan Estioko and Carol Uyeda did a fantastic job of bringing it all together. I think the vog issue makes a strong statement about the potential health effects of vog and how important it is to control smoking, as there is little we can do about the volcano. I inadvertently omitted recognizing former Councilmember Merle Lai for her contribution to the Vog Authority's organization.

I want to thank one other person for her love, and her support and assistance with the vog data project: my wife, Diane. She helped retrieve some of the data and put up with many days and nights with the dining table covered with tabulations of emergency room asthma visits.

**Military Medicine****Robert V. Hollison, Jr, COL, MC
Commander****Tripler Army Reserve Hospital Augmentation
(TUHA)**

Most Hawaii physicians are not aware of the presence of the large military health care system that plays a major role in caring for approximately 250,000 people of Hawaii and 850,000 Pacific Basin populations eligible for care. The most well-known health system that provides military medical care is Tripler Army Medical Center (TAMC). TUHA, a little-known army reserve unit, augments Tripler's capability if a major civilian/military disaster or military conflict erupted requiring movement of active duty Tripler physicians to areas of need. More than 70% of our armed forces medical assets are harbored in the reserve components. TUHA is the single-largest organized reserve medical unit in Hawaii and the Pacific. The primary mission of TUHA is to support TAMC in the event of military mobilization. This unit serves a secondary mission of providing medical support to more than 3,500 U.S. Army Pacific Reservists in Hawaii, Guam, Saipan, Samoa, and the Marianas. In addition, TUHA provides medical support to military exercises in Japan, and when needed, elsewhere in the U.S. Army Pacific's (USARPAC) and the Pacific Rim's area of operations. The area covered by USARPAC encompasses more than 51% of the world's surface and extends from Madagascar, India, China, and Korea, across the Pacific to Alaska, and southward to include all the major island populations in the South Pacific, Southeast Asia, and Australia. USARPAC covers more than two-thirds of the world's population and covers 12 time zones. Countries within its area of interest represent more than 50% of the U.S. trade partnerships with the United States.

TUHA's unit crest and motto are: *Haaheo I Ka Lawelawe*, which means *Pride in service*, and is something our people take seriously. TUHA currently has slots for only 165 reservists. We have 25 physicians and ancillary medical professionals, 30 nurses, and 110

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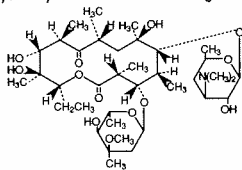
BENZAMYCIN[®] Topical Gel

(3% erythromycin, 5% benzoyl peroxide)

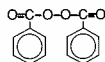
Reconstitute Before Dispensing

Description: Each gram of Benzamycin[®] (erythromycin—benzoyl peroxide) topical gel contains, as dispensed, 30 mg (3%) active erythromycin and 50 mg (5%) benzoyl peroxide in a gel vehicle of purified water, carbomer 940, alcohol 20%, sodium hydroxide, docusate sodium and fragrance.

Erythromycin (C₂₇H₄₇NO₁₃) is produced by a strain of *Streptomyces erythraeus* and belongs to the macrolide group of antibiotics. Erythromycin has a molecular weight of 733.94 and is represented by the following structural formula:



Benzoyl peroxide (C₁₄H₁₀O₄) is an antibacterial and keratolytic agent. The structural formula is:



Clinical Pharmacology: Erythromycin is a bacteriostatic macrolide antibiotic, but may be bactericidal in high concentrations. Although the mechanism by which erythromycin acts in reducing inflammatory lesions of acne vulgaris is unknown, it is presumably due to its antibiotic action. Antagonism has been demonstrated between clindamycin and erythromycin.

Benzoyl peroxide is an antibacterial agent which has been shown to be effective against *Propionibacterium acnes*, an anaerobe found in sebaceous follicles and comedones. The antibacterial action of benzoyl peroxide is believed to be due to the release of active oxygen. Benzoyl peroxide has a keratolytic and desquamative effect which may also contribute to its efficacy.

Benzoyl peroxide has been shown to be absorbed by the skin where it is converted to benzoic acid.

Indications and Usage: Benzamycin Topical Gel is indicated for the topical control of acne vulgaris.

Contraindications: Benzamycin Topical Gel is contraindicated in those patients with a history of hypersensitivity to erythromycin, benzoyl peroxide or any of the other listed ingredients.

Precautions: General—For external use only. Not for ophthalmic use. Avoid contact with eyes and mucous membranes. Concomitant topical acne therapy should be used with caution because a possible cumulative irritancy effect may occur, especially with peeling, desquamation or abrasive agents. If severe irritation develops, discontinue use and institute appropriate therapy.

The use of antibiotic agents may be associated with the overgrowth of antibiotic-resistant organisms. If this occurs, administration of this drug should be discontinued and appropriate measures taken.

Information for Patients: Patients using Benzamycin Topical Gel should receive the following information and instructions:

1. Benzamycin Topical Gel is for external use only. Avoid contact with the eyes and mucous membranes.
2. Patient should not use any other topical acne preparation unless otherwise directed by physician.
3. Benzamycin Topical Gel may bleach hair or colored fabric.
4. If excessive irritation or dryness should occur, patient should discontinue medication and consult physician.
5. Discard product after 3 months and obtain fresh material.

Carcinogenesis, Mutagenesis and Impairment of Fertility: Long-term studies in animals have not been performed to evaluate carcinogenic potential or the effect on fertility.

Pregnancy Category C: Animal reproduction studies have not been conducted with Benzamycin[®] Topical Gel. It is also not known whether Benzamycin Topical Gel can cause fetal harm when administered to a pregnant woman or can affect reproduction capacity. Benzamycin Topical Gel should be given to a pregnant woman only if clearly needed.

Nursing Mothers: It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when Benzamycin Topical Gel is administered to a nursing woman.

Pediatric Use: Safety and effectiveness in children below the age of 12 have not been established.

Adverse Reactions: Adverse reactions which may occur include dryness, erythema and pruritus. Of a total of 153 patients treated with Benzamycin Topical Gel during clinical trials, 4 patients experienced adverse reactions, of whom three experienced dryness and one an urticarial reaction which responded well to symptomatic treatment.

Dosage and Administration: Benzamycin Topical Gel should be applied twice daily, morning and evening, or as directed by physician, to affected areas after the skin is thoroughly washed, rinsed with warm water and gently patted dry.

How Supplied and Compounding Directions:

Size (Net Weight)	NDC 0066-	Benzoyl Peroxide Gel	Active Erythromycin Powder (In Plastic Vial)	Ethyl Alcohol (70%) To Be Added
23.3 grams (as dispensed)	0510-23	20 grams	0.8 grams	3 mL
46.6 grams (as dispensed)	0510-46	40 grams	1.6 grams	6 mL

Prior to dispensing, tap vial until all powder flows freely. Add the indicated amount of ethyl alcohol (70%) to vial (to the mark) and immediately shake to completely dissolve erythromycin. Add this solution to gel and stir until homogeneous in appearance (1 to 1½ minutes). Benzamycin Topical Gel should then be stored under refrigeration. Do not freeze. Place a 3-month expiration date on the label.

NOTE: Prior to reconstitution, store at room temperature. After reconstitution, store under refrigeration. Do not freeze. Keep tightly closed. Keep out of the reach of children.

Caution: Federal (U.S.A.) law prohibits dispensing without prescription.

U.S. Patent Nos. 4,387,107 and 4,497,794.

Manufactured by Rhône-Poulenc Rorer Puerto Rico Inc.
Manatí, Puerto Rico

For **Dermik Laboratories, Inc.**
A Rhône-Poulenc Rorer Company
Collegeville, PA, U.S.A. 19426

Rev. 3/95 IN-7121L

Reference:

1. Mills OH, Berger RS. A double-blind evaluation of tretinoin alone and in combination with erythromycin/benzoyl peroxide in acne vulgaris. *Cutis*. 1992;49(6A):12-15.
2. Leyden JJ, Shalita AR. Rational therapy for acne vulgaris: An update on topical treatment. *J Am Acad Dermatol*. 1986;15:907-915.
3. Shalita AR. Topical tretinoin and combination formulation of topical benzoyl peroxide and erythromycin in the management of acne vulgaris. *Fitzpatrick's Journal of Clinical Dermatology*. 1994, September Supplement: 19-26.

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Military Medicine

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TUHA medical professionals got a little muddy during litter obstacle relays at Schofield Barracks as part of military/medical training to deliver medical care under adverse conditions.

enlisted personnel. In spite of reengineering efforts in the active duty and reserve armed forces, TUHA potentially could double in size and gain additional slots because the Asia-Pacific region has become so strategically important. This will create more opportunities for civilian physicians, nurses, LPNs, enlisted technicians (operating room, laboratory, x-ray technicians, dietary personnel, etc) and even dentists to participate in the Hawaii Army Reserve program.

Military drill at TUHA is usually the first weekend of the month (16 hours) or four 4-hour training periods spread over a month. Saturday duty consists of hospital activities for most of the personnel. Sundays are spent providing physical exam support for military reservists and medical or military education. Physicians frequently substitute in 4-hour-segments once a week at a Tripler clinic, in the operating room, or teaching residents. Substitute drill can be performed by providing community service projects or even attending continuing medical education (CME) conferences. TUHA also conducts two weeks of annual training usually during June or July. Some of this time also can be substituted with CME or other clinical duties. Reservists can retire from the active reserves and get retirement pay after 20 years of good qualifying service.

TUHA activities extend far beyond traditional hospital activities. TUHA holds medical and military training programs for the benefit of other reserve and active duty personnel from other units. Community service projects by our unit have included consistently over the years: An aid station for the Great Aloha Run, annual school physical exams during the summer, participation in health fairs, CPR training to external constituents, and Junior ROTC program support at Kaiser High School. Our reservists provide support not only to TAMC on their regular drill schedule, but also provide medical support to reserve units throughout Hawaii, Samoa, Guam, Saipan, Japan and elsewhere in Pacific. Commonly, teams of physicians, nurses, enlisted technicians and administrative support are required for civil-military exercises in remote places such as Thailand, the Philippines, Bangladesh, India, and Korea.

Most of the people in TUHA participate as health-care professionals who want to do their part in keeping this country strong. They are people of the highest professional and moral character; many are leaders in their communities. They share a common goal: to make a difference both in their civilian and military life as *citizen-soldiers*. There is no finer group of professionals who take to heart and live the TUHA motto, *Haaheo I Ka Lawelawe* or *Pride in service*.